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NEW YORK CITY NO. 1 FREE DAILY IN THE US
Monday, November 21, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

THE REAL COST OF HIGHER EDUCATION

Activist Sara Goldrick-Rab shines light on the national dilemma. 24

Kanye West goes after Beyonce in his latest rant. 20

The Giants stretch their win streak to five. 26

READY TO GET AHEAD?
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'NO SLEEP TILL NO HATE'

Beastie Boy condemns swastika graffiti at Brooklyn rally. 4

GETTY IMAGES

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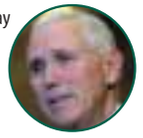
1. Why have Melania and Barron Trump decided to stay in New York and not move into the White House for the first few months of Donald Trump's presidency?

2. Which famous singer did Kanye West go after in his latest rant?

3. How many consecutive wins do the Giants now have?

2 things you need to know

PENCE NOT OFFENDED BY 'HAMILTON' COMMENTS



Vice President-elect Mike Pence said on Sunday he was not offended by rare and pointed comments made to him by a cast member of "Hamilton" after he attended the hit Broadway show. "I wasn't offended," Pence said on "Fox News Sunday," declining to ask for an apology as President-elect Donald Trump had demanded. Pence acknowledged that many Americans were disappointed and anxious after Trump's surprise Nov. 8 election victory following a raucous campaign, but he sought to reassure Americans that Trump would be a president "for all Americans." After the show on Friday evening, Brandon Victor Dixon, who plays America's third vice president, Aaron Burr, read a statement directed at Pence, who was in the audience, while standing in front of the cast in full costume. REUTERS

FRENCH CONSERVATIVES CHOOSE CANDIDATE FOR PRESIDENTIAL ELECTION

French conservative voters were choosing their candidate on Sunday in a primary contest whose winner is seen as the likely victor in next spring's presidential election. With the French left in disarray under the deeply unpopular President Francois Hollande, pollsters suggest that the center-right presidential nominee will meet and defeat the National Front's eurosceptic, anti-immigration leader Marine Le Pen in a vote next May. Former prime minister Alain Juppe, a moderate conservative, had until recently appeared on track to win the nomination of the Les Republicains party and its center-right allies. But over the past week the contest has been transformed into a tight race between Juppe, former president Nicolas Sarkozy and Francois Fillon, who served as prime minister under Sarkozy from 2007 to 2012. REUTERS

CORRECTION

A story published Friday, Nov. 18, in the New York edition of Metro on the construction of the Second Avenue subway had errors in both fact and omission that may have left readers with an incorrect or faulty impression. We would like to clear the record:

- Metro incorrectly reported that subway riders will be able to take the T train up and down Second Avenue by the end of 2016. Only the Q train is scheduled to be completed by the end of this year.
- The story also reported supposed statements from MTA community liaison Claudia Wilson about the progress of construction and reported those statements in a manner that made it seem Metro interviewed Wilson. To be clear, Metro did not interview Wilson.
- The story also reported an incident, relayed to Metro by an unnamed source, involving Gov. Cuomo and should have given the governor's office a chance to respond. Here is the response offered by Jon Weinstein, spokesman for the governor's office: "Hiding behind the veil of anonymity to lob unfounded accusations and crackpot conspiracy theories is not only misleading, it is downright shameful. So is allowing something like that to be printed in the first place."

Metro regrets the errors.

GETTY IMAGES

SAY IT AIN'T SNOW!

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

As the song says, "What a difference a day makes, twenty-four little hours." A shocking change slammed us about 36 hours ago. The first true arctic blast of the season collided with an unseasonably warm air mass on Saturday and it sent folks scrambling for their winter gear as temperatures in many locations soared into the lower 70s before the arctic hammer came down.

The mercury plunged some 20 degrees in a blink of an eye as rain showers quickly changed over to sleet and then snow. This was the first snow of the season for a good portion of the Northeast and mid-Atlantic.

The eastern slopes of the Berkshires, Catskills and the Poconos picked up several inches of snow. The Green Mountains of Vermont had over a half-foot and we still had leftover snow showers there in the morning, making travel difficult in the higher elevations, especially over 1,500 feet.

Another strong sign of winter is the return of lake-effect snow as parts of western New York and western Pennsylvania were still getting hammered this morning with many places picking up over a foot of heavy wet snow.

Boston, New York and Philly are battling strong, cold winds today as the mercury will hover in the 40s. However, with those winds gusting over 40 mph at times, it will feel dramatically colder.

Expect limited sunshine and don't be too surprised if you see a few flakes flying even in the major cities.

An arctic dome will be on top of us on Tuesday and this will allow the wind to subside. So although readings will be about the same as today, it won't feel nearly as cold with lighter wind and more in the way of sunshine.

The biggest travel day of the year will arrive on Wednesday and right now your planned travel should be nice and dry. However, by late Wednesday night we might see some light rain moving in, and if it gets in early enough, some of the higher elevations to the northwest of the metro region could see some wet flakes or sleet. This would occur mainly in the mountains. I'm not anticipating any type of icy problems in the cities.

The rain will move out by later in the day on Thanksgiving, followed by a dry, nice Friday.

Some signs indicate that a coastal storm could develop over the weekend, but right now confidence in forecasting such an event is low.

New York

Today: Windy and cold, High 44.

Tuesday: More sun, less wind, High 47.

Wednesday: Sunny, late clouds, High 50.

Thanksgiving: Light rain ending at night, High 53.

Friday: Sunny, milder, High 57.

Saturday: Possible coastal storm developing, High 52.

Sunday: Possible rain, 47.

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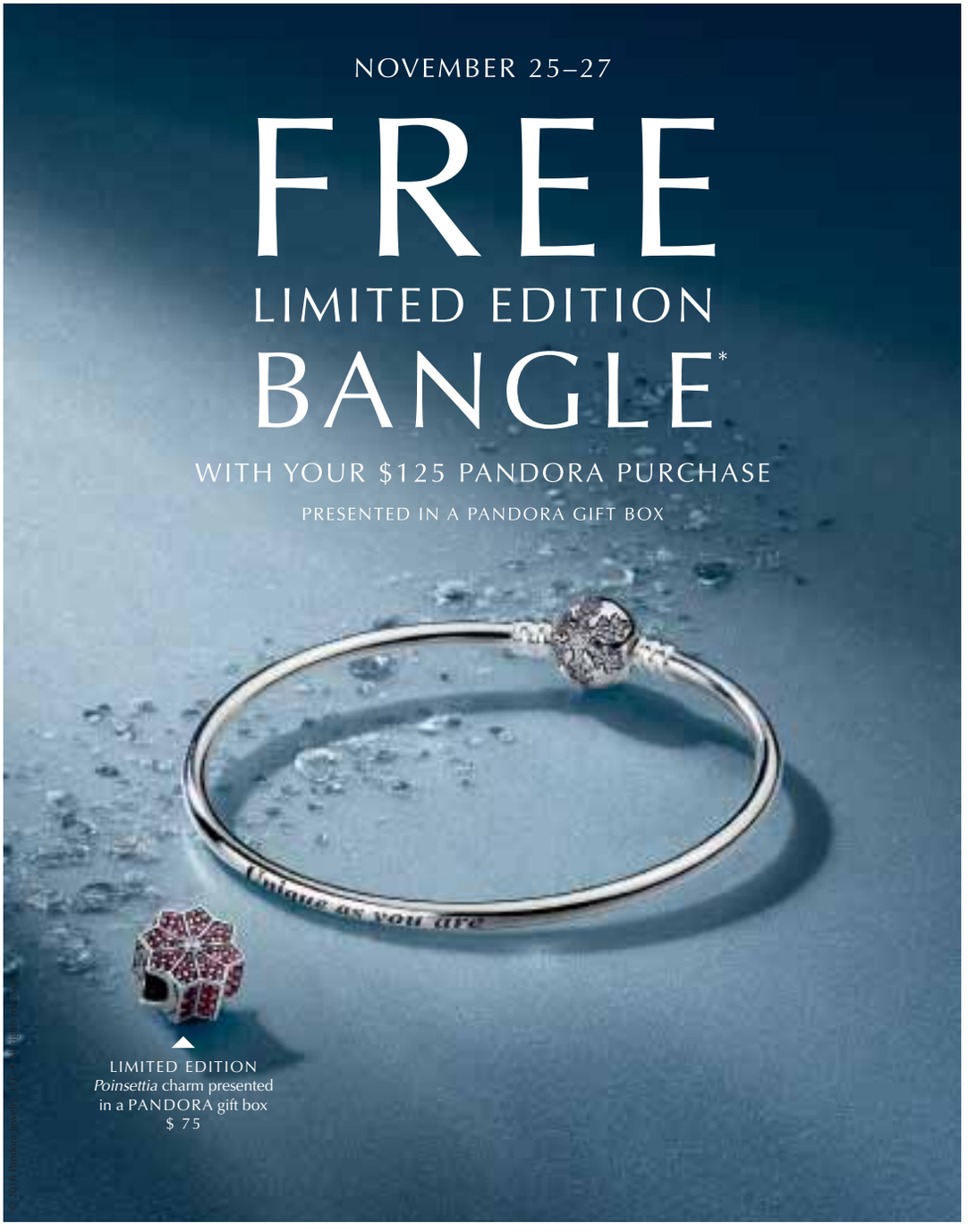

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Hundreds crowd Adam Yauch Park to protest swastika graffiti

Kids at the playground replaced the messages of hate with hearts and flowers.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Anti-hate rally at a Brooklyn park named in memory of Beastie Boys band member Adam Yauch after it was defaced with swastikas. GETTY IMAGES

Brooklynites, the Beastie Boys' Ad-Rock and Ben Stiller jammed into a park Sunday morning for a "stand up against hate" rally after two swastikas were found spray painted at the playground named for the band's deceased member Adam Yauch.

The swastikas and the words "Go Trump" were found Friday spray-painted on a jungle-gym train in the Brooklyn Heights playground. City workers removed the graffiti during the night.

The next day, children came to the park with hearts, flowers and handwritten messages of love that were placed where the offending messages had been. The words "Love Trumps Hate" were written in chalk on the ground.

Hundreds assembled at the park at around 11:30 a.m. Sunday to add their voices against hate, some carrying signs with Beastie Boys-inspired slogans such as "No sleep till no hate in Brooklyn."

Ad-Rock, aka Adam Horovitz, told the crowd that "spray-painting swastikas in a children's playground is a messed-up thing to do.

"And for many of us, it has special meaning because this park is named for Adam Yauch, who was my friend and bandmate for over 30 years," he said. "But he was also someone who taught nonviolence in his music, in his life — to all of us, and to me."

Yauch was raised Jewish, like Horovitz and former band member Mike Diamond, but converted to Buddhism as an adult. He died in 2012 after a battle with cancer. He was 47.

"This is more about someone in our community linking Nazi Germany to Donald Trump in a 'hell yeah' kind of way where children play," Horowitz said. He then mentioned several other hate incidents that have occurred since Election Day, including a woman who was punched in the face by a Trump supporter at a restaurant near Boerum Hill.

Stiller, a Beastie Boys fan, attended the rally with his daughter.

"Standing with people of Brooklyn, my daughter, @adrock, @DanielSquadron, and many more in Adam Yauch Park. #MCA #NYC #StandUpAgainstHate," Stiller tweeted.

BRIEFS

Donate to Metro's Toy Drive

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help others and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

It's good to receive a gift. It's better to give one. METRO

Man on three-year, cross-country National Parks journey hits NYC

Mikah Meyer is on a mission to visit every one of the 413 official sites of the National Park Service, and he's making 10 stops in New York City.

On Saturday, Meyer, who has been made an official Find Your Park ambassador (an initiative of the National Park Service on its 100th anniversary), joined "Hamilton" star Nicholas Christopher for a tour of Alexander Hamilton's New York City homestead called Hamilton Grange.

The 30-year-old man from North Bethesda, Maryland, quit two jobs (at a boarding school and in a choir), loaded a van and set out on April 29 on a three-year spiritual quest that will take him through every state in the union.

Mikah Meyer in the cargo van he converted into a mobile home. MIKAH MEYER

Meyer told Metro that the purpose of the journey is triple-fold: to honor his late father, Larry Lee Meyer, who died of esophageal cancer in 2005 without fulfilling his travel dreams; to show internet-obsessed millennials that there is beauty all around (and that there are National Park sites in every state); and to inspire interest in the outdoors among the LGBT community.

"It is just not a demographic that's seen in the park," Meyer said. "It's a stereotype that gays aren't wanted in the park and they don't want to be in the park. I want REI to do an ad with gay couples, or if The North Face shows gay outdoors people in a magazine, then hopefully we can change that perspective."

While Meyer continues to try to persuade his boyfriend to join him on the trip, there are others whom he knows he can't impress.

"I've gotten a lot of hate mail that say I'm a lazy millennial, trust fund baby, that I'm on a giant vacation," he said, but asserts that this trip is a deeply meaningful experience that he's been blogging, and plans to write about it in a book to help inspire people to live out their dreams.

"We must honor our dreams now because tomorrow you might never get to do it. So learn the trade, open the business, or set out to see the world," he said.

"Most people think they have to eat, pray, love in India, in Italy and Indonesia and we have so much to offer in our backyards."

During his trip to New York City, Meyer will make stops at all of the official and frequently overlooked spots that are official sites of the National Park Service:

- African Burial Ground National Monument (downtown Manhattan)
- Castle Clinton National Monument (downtown Manhattan)
- Federal Hall National Memorial (downtown Manhattan)
- Fire Island National Seashore (Fire Island)
- General Grant National Memorial (upper Manhattan)
- Governors Island National Monument (Governors Island, off the southern tip of Manhattan)
- Hamilton Grange National Memorial (upper Manhattan)
- Sagamore Hill National Historic Site (Cove Neck, Long Island)
- Saint Paul's Church National Historic Site (Bronx)
- Statue of Liberty National Monument and Ellis Island (Liberty Island and Ellis Island, off the southern tip of Manhattan)
- Stonewall National Monument (Greenwich Village, Manhattan)
- Theodore Roosevelt Birthplace National Historic Site (Midtown Manhattan).

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Melania and Barron Trump won't live in White House

The future first family will split up for at least a few months, according to reports.

AMANDA MIKELBERG
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Donald Trump embraces his son Barron, as his wife Melania looks on. GETTY IMAGES

Melania Trump and son Barron will not be living in, or anywhere near the White House after Donald Trump is inaugurated in January, the New York Post reported Sunday.

The future first lady and the president-elect's 10-year-old son will remain in New York City, living at the gilded Trump Tower.

A source told the newspaper the reason they will not be relocating to Washington is because Barron will continue to attend Columbia Grammar and Preparatory School on the Upper West Side where he is in the fourth grade.

"Melania is extremely close to Barron, and they have become closer during the campaign," said a source close to Trump's transition team. "The campaign has been difficult for Barron, and she is really hoping to keep disruption to a minimum."

The source said that she's a devoted mother and frequently picks him up and drops him off at the private school, which is said to cost $40,000 a year in tuition.

Another unnamed source told the Post that Barron and Melania might move into the White House when his school year is over, and in the meantime will travel to the capital when needed.

Trump Tower will have significantly increased security and Secret Service presence, and measures will be taken every day to make sure the school and the route are safe. Barron will be taken to school in an armored vehicle, Trump transition sources said.

"That building is going to become the White House of New York," said Jim Reese, a former Delta Force commander and president of TigerSwan, a global security company based in North Carolina told the New York Post.

BRIEFS

NYPD: Officers shoot, kill man who attacked them with police baton

A man was fatally shot Saturday afternoon while fighting with two officers in a public housing complex in Brooklyn, authorities said.

The two officers were responding to a report of a suspicious man inside a hallway of the Van Dyke I Houses in the Brownsville neighborhood. The officers approached the man and asked for his identification and a "scuffle" ensued, investigators said.

The man, later identified as Erickson Gomez Brito, 21, grabbed a baton from one of the officers and began to strike both officers on the head, police said at a news conference. The two officers, a male and a female, then shot Brito, investigators said.

The male officer suffered a 2-inch gash on his head and the female officer sustained several bruises, police said. They were treated a Jamaica Hospital.

Brito, who was shot several times, was pronounced dead at the scene.

The incident occurred at about 1:10 p.m. at 362 Sutter Avenue near Mother Gaston Boulevard.

NIKKI M. MASCALI

We want your pics!

Send Metro your photos to be featured in next Monday's issue. Post your best local photos to Instagram or Twitter using the hashtag #metropicsnyc to not only see them in our paper, but also on Metro.us and our social media pages. Two gorillas share a moment at the Bronx Zoo. @EDIVICTOR1 /TWITTER

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1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

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Cuomo unveils rights initiative, says election spawned 'social crisis'

Gov. Cuomo called on New Yorkers to unite in the fight for tolerance and justice while at Abyssinian Baptist Church in Harlem. **GOVERNOR CUOMO FLICKR**

In a speech at the Abyssinian Baptist Church in New York City, Gov. Cuomo said he would form a hate crimes unit of the state police, propose legislation increasing protections against discrimination for public school students and establish a private-public legal defense fund for impoverished immigrants.

New York Gov. Andrew Cuomo on Sunday launched an initiative to combat hate crimes and protect civil rights, saying the divisive presidential campaign had prompted a wave of disturbing incidents across the state and the country.

"The ugly political discourse of the election did not end on Election Day," Cuomo, a Democrat, told the well-known African-American congregation. "In many ways it has gotten worse, [growing] into a social crisis that now challenges our identity as a state and as a nation and our people."

Civil rights groups including the ACLU have expressed concern over reports of a spate of incidents that appear motivated by racism, bigotry and sexism since Republican Donald Trump won the presidential election on Nov. 8.

Those reports include a swastika painted on a baseball dugout in the western New York village of Wellsville with the words "Make America White Again," a racist version of Trump's slogan, "Make America Great Again."

Several New York officials were scheduled to appear on Sunday at a rally organized by The Beastie Boys at Brooklyn's Adam Yauch Park, which was named for the late member of the hip-hop group. The musicians called for the event after swastikas were found drawn at the park.

On Friday, U.S. Attorney General Loretta Lynch said the Justice Department is investigating whether any of the incidents constituted hate crimes, which would trigger harsher penalties for the perpetrators.

Cuomo, whose name has been floated as a possible Democratic presidential candidate in 2020, joined other officials in his party who have denounced the attacks since Election Day.

Mayors in a number of large cities, including New York, Chicago and San Francisco, have insisted in recent weeks that their communities would remain so-called sanctuary cities, despite Trump's campaign pledge to cut off federal funding for such municipalities.

In sanctuary cities, local law enforcement generally do not help federal authorities search for undocumented immigrants. **REUTERS**

"In many ways it has gotten worse, [growing] into a social crisis that now challenges our identity as a state and as a nation and our people."

Cuomo

San Antonio police officer fatally shot during traffic stop

The suspect's car as it sped away from the scene SAN ANTONIO POLICE DEPARTMENT

The suspect sped away from the scene in a black car, driving through the parking lot that serves the San Antonio Public Safety Headquarters on the western edge of downtown.

Det. Benjamin Marconi
SAN ANTONIO POLICE DEPARTMENT

A manhunt was underway on Sunday for a gunman who shot and killed a San Antonio police officer sitting in a squad car during a routine traffic stop outside the Texas city's police headquarters, authorities said.

San Antonio Police Chief William McManus identified the slain officer as 20-year veteran Det. Benjamin Marconi, 50. He said the suspect has not yet been apprehended, and a motive is not known.

The shooting unfolded when a second vehicle pulled up behind the parked patrol car. Its driver exited and fired two shots through a window, hitting the officer as he filled out a traffic ticket.

"A person pulled up behind the patrol car in a black vehicle, got out, walked up to the passenger window, fired one round, shooting the officer in the head," McManus told reporters near the scene of the shooting. "He then reached in and fired a second round, shooting him a second time."

McManus said he did not know if the motorist who was pulled over for the traffic violation was connected in any way with the man who shot the officer, a 20-year veteran of the force.

The chief said police were looking for an African-American male wearing a hoodie and black pants, whose image was captured by security cameras.

McManus said officials were searching for a motive, though he referred to the targeted killings of police officers in Texas and Louisiana earlier this year during his press briefing.

"This is everyone's worst nightmare," McManus said. "You never want to see anything like this happen. Unfortunately, like Dallas, like Baton Rouge, it's happened here now."

"Attacks against law enforcement officers will not be tolerated in Texas and must be met with swift justice," said Texas Gov. Greg Abbott in a statement.

President-elect Donald Trump, when asked about the events in San Antonio, said the killing was "terrible." During his successful campaign to win the presidency, Trump sought to portray himself as the "law and order candidate," in part reflecting anger among the electorate over the police killings.

In July, five Dallas police officers were killed when a black U.S. military veteran opened fire in a sniper attack during a protest decrying police shootings of black men. Days later, a gunman killed three police officers and wounded four others in Louisiana's capital of Baton Rouge.

REUTERS

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SETTING UP SHOP

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Apparently Kanye West (who now says he would have voted for Trump if he'd voted) missed the memo about how endorsements are supposed to come before the election. Well, he may not have a working calendar, but I do — so here are my predictions for what will happen this week in politics.

1. NO "I" IN TEAM
President-elect Trump was a kind of "Teflon Don" in his campaign; no matter what was flung at him it just didn't seem to stick. Not true of his cabinet picks. Democrats and Republicans alike who are uneasy about his plans have already been throwing mud at the folks he's selecting for his team, and this week it will really be flying. Doesn't matter if it is deserved. For the opposition, this is all about slowing Trump's momentum … especially since his early picks look pretty hard-line.

2. WHITE CHRISTMAS:
Even if you're a candidate who made little effort to attract minority voters, heck — even if you outright offended some — it's problematic to have white supremacists cheering too loudly when you win. But they are sure hooting for Trump. He and his team have repeatedly disavowed the support of racists, but watch for him to get more and more pressure to explicitly and strongly denounce them — and not just from his foes.

3. WHATSAMATTA U?
Did I miss something? Didn't Team Trump tell us all along there was nothing wrong with Trump University? Lots of questions will be swirling in the new week after word he's agree to pay $25 million to settle fraud claims against the defunct school. Best bet is we'll be told he was just trying to get it out of the way so he can focus on redecorating, and after all what's $25 million to a guy with so much more? Critics will say it's proof of all they said about his business record during the race … which will make them feel better even if, in practical terms, now it makes no difference.

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Trump team promises to address ethics concerns on businesses

President-elect Donald Trump will work to ensure there is "proper separation" between his business empire and his job as president of the United States, Vice President-elect Mike Pence said on Sunday, amid fresh concerns about conflict of interest following a meeting with Indian real estate executives.

Trump, who has said he planned to turn over handling of the Trump Organization to his adult children, has come under criticism for meeting on Tuesday with three Indian businessmen who are partners in a project to build a Trump-branded luxury apartment complex in Mumbai.

Pence said on the CBS program "Face the Nation" that Trump and his family would "work with the best legal minds in this country and create the proper separation from their business enterprise during his duties as president of the United States."

A photo of the three executives meeting with Trump was posted on Twitter. Indian newspapers reported last week that the business leaders talked with the Trump Organization about expanding the Trump branded projects in India.

Incoming White House Chief of Staff Reince Priebus, speaking on CNN's "State of the Union" program, said Trump would comply with all laws and have the White House counsel's office "review all of these things."

"And we will have every 'I' dotted and every 'T' crossed, and I can assure the American people that there wouldn't be any wrongdoing, or any sort of undue influence over any decision-making," Priebus said.

Trump, who takes office on Jan. 20, has said his businesses will be overseen by his three grown children, Donald Trump Jr., Ivanka Trump and Eric Trump.

Priebus was asked if it was appropriate for family members to sit in on official meetings after Ivanka Trump attended her father's meeting with Japanese Prime Minister Shinzo Abe on Thursday. "Donald Trump has been very clear from the very beginning that his family is very important to him," Priebus said on CNN. REUTERS

Incoming White House Chief of Staff Reince Priebus GETTY IMAGES

"And we will have every 'I' dotted and every 'T' crossed, and I can assure the American people that there wouldn't be any wrongdoing, or any sort of undue influence over any decision-making."

Priebus

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Syrian family, pupils among dozens killed in Aleppo attacks

The bombardment was one of the most intense in the almost 6-year-old civil war.

Rebel shelling killed eight children at a school in the government-held part of Aleppo on Sunday and a barrel bomb killed a family of six in the rebel-held area, part of a heavy government bombardment that has knocked out all the hospitals.

Hundreds of people have been killed since Tuesday in a concerted push by the government and its allies to quash resistance in the rebel-held eastern part of Aleppo to re-establish control over Syria's biggest prewar city.

On Sunday they advanced into the Hanano district on its northern edge, but rebels said the battle was still continuing and that some of the pro-government forces' gains had been reversed.

Two medics said the al-Baytounji family had suffocated to death because the barrel bomb, which fell in the Sakhour district at about midnight, had been laced with chlorine gas.

The Syrian Observatory for Human Rights, which monitors the war, confirmed the bombing but could not confirm that chlorine gas was used. Damascus has denied use of the gas, which would contravene the international Chemical Weapons Convention.

Rebel shelling killed at least eight children, aged from 6 to 12 years, among 10 deaths in the Saria Hasoun school in al-Farqan district, the Observatory and Syrian state television reported.

The bombardment of eastern Aleppo drew condemnation on Sunday from the EU's humanitarian aid commissioner, Christos Stylianides.

"The relentless bombing of east Aleppo by the Syrian regime in the last few days has now left hundreds of thousands of besieged civilians without access to food and to functioning hospitals," he said.

An official with a rebel group based in east Aleppo said there were still no working hospitals there on Sunday, a day after the World Health Organization reported that bombing had put them all out of action.

Hospitals have previously been brought back into service after being knocked out through bombing in the rebel-held area but food supplies are running low.

The military and Russia's air force had paused their bombardment of eastern Aleppo, except for on the front lines, for two weeks after a month-long offensive from late September to late October, but recommenced strikes on Tuesday.

The army and its allies began some ground attacks on Friday. The Observatory reported intense clashes in Sheikh Saeed in southeast Aleppo and in Baeedain and Bustan al-Basha in northeast Aleppo.

Lebanon's Hezbollah militia, one of the army's main allies in the fighting, said on Sunday that the army and its allies had advanced in Hanano and pro-government forces were bringing big reinforcements to the city. The Observatory confirmed the Hanano advance. REUTERS

A wounded kid waits to receive medical treatment at Sahra Hospital after airstrikes by the Assad regime over residential areas of the Firdevs and Maadi neighborhoods in Aleppo, Syria. GETTY IMAGES

Possible use of chemical weapons and barrel bombs

An inquiry by the United Nations and the Organization for the Prohibition of Chemical Weapons has said Syrian government forces have used chlorine gas in barrel bombs at least three times during the war. Damascus denies it. Syria also denies using barrel bombs — improvised ordnance made by oil drums filled with high explosive and shrapnel and dropped from helicopters. Their use has been condemned by the United Nations for causing unnecessary suffering.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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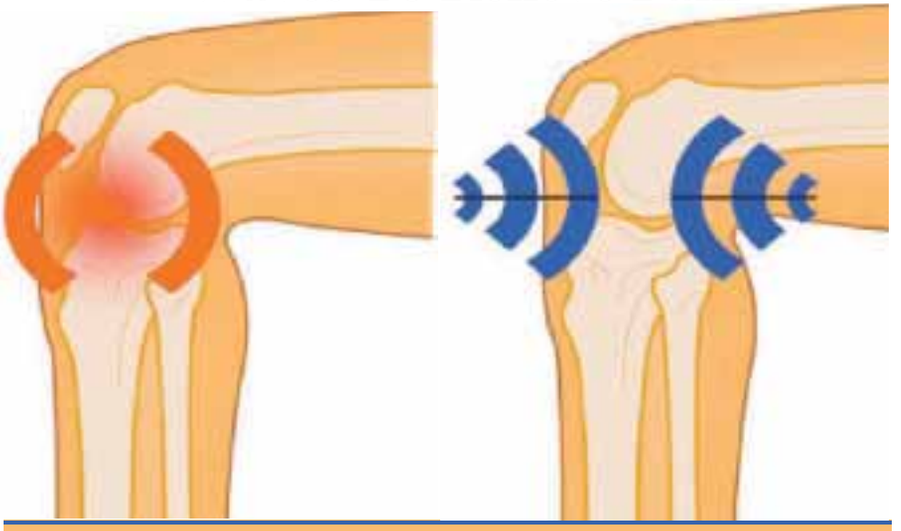
Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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India train derails, at least 120 killed, more than 150 injured

At least 120 people were killed and more than 150 injured when an Indian express train derailed in northern state of Uttar Pradesh on Sunday, with the toll set to rise amid a scramble to locate survivors.

Police officials said people were still missing as authorities tried to determine what caused 14 carriages of the train traveling between the northeastern city of Patna and the central city of Indore to suddenly roll off the tracks in Pukhrayan, 40 miles south of Kanpur city.

Authorities said they were checking the condition of the tracks but would need to look further before concluding the cause of the derailment, India's deadliest rail tragedy since more than 140 died in a 2010 collision in West Bengal.

As many as 120 people were killed when 14 coaches of the Patna-Indore Express derailed near Pukhrayan in Kanpur district early on Sunday. GETTY IMAGES

Desperate survivors searched for family members and some tried to enter the damaged carriages to rescue relatives and collect belongings, said senior railway official Pratap Rai.

"We are using every tactic to save lives but it's very difficult to cut the metal carriages," he said from the accident site.

Kanpur district magistrate Kaushal Raj Sharma told Reuters that 119 people were confirmed dead, while 78 of the injured remained in hospital, four of them in a critical condition.

> *"We are using every tactic to save lives but it's very difficult to cut the metal carriages."*
> Pratap Rai

With rescue teams still looking for victims amid the wreckage, the toll from the derailment could rise to become India's worst rail tragedy in this century.

In what was probably India's worst rail disaster, a train plunged off a bridge and into a river in 1981 in Bihar state, killing an estimated 500 to 800 people.

India's creaking railway system is the world's fourth largest. It runs 11,000 trains a day, including 7,000 passenger trains carrying more than 20 million people. But it has a poor safety record, with thousands of people dying in accidents every year, including in train derailments and collisions.

Suresh Prabhu, India's railways minister, said in a tweet that the government would investigate the causes of the derailment and promised accountability with the "strictest possible action," as well as compensation for the affected passengers. REUTERS

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Kanye West slams Jay Z & Beyonce during concert

Kanye West is known for being outspoken. His Saint Pablo Tour, ongoing through Dec. 31, has been laced with rants, including one about supporting Donald Trump for president, which got the musician booed. But last night the 39-year-old rapper may have crossed the line.

Yeezy ended his Sacramento, California, show after only about 30 minutes according to E! News. But not before he went on yet another tirade, this time calling out Beyonce. Kanye claims that he was "hurt" that Beyonce only agreed to perform at this year's MTV Video Music Awards if her single "Formation" took the coveted Video of the Year Award over his own "Famous" and Drake's "Hotline Bling." He called Beyonce "fake" and claims that he put his career and life at stake when he defended her during the 2009 VMAs. In a bizarre twist, he also begged Bey's hubby, Jay Z to call him.

The Beyhive has already began to swarm on social media. May the odds be ever in his favor.

Kylie Jenner celebrates Tyga's birthday

INSTAGRAM/@KYLIEJENNER

The rapper and professional boyfriend of Kylie Jenner, Tyga, turned 27 on Saturday. As expected, 19-year-old Kylie went all out for her tattooed bae. On Thursday she threw him a surprise birthday party, which included Tyga's adorable son King with Blac Chyna. It was cute.

But over the weekend, Kylie turned up the heat by first posting some pretty steamy pictures of her and Tyga, both topless in jeans. In one picture his face is buried in her chest as he grabs a handful of her rear end. In the other, they laugh and embrace one another, making sure to cover Jenner's boobs just so.

According to People, the lovebirds headed to Las Vegas to continue the festivities later that evening. Did we mention Kylie's only 19?

Jason Derulo involved in huge club brawl

Jason Derulo, the singer responsible for hits like "Ridin' Solo" and "Talk Dirty," got a little dirty himself on Saturday night. The 27-year-old was involved in a West Hollywood brawl outside of a club called Bootsy Bellows. TMZ obtained video showing Jason jumping into a circle of guys kicking and punching another man on the ground.

The incident happened around 2 a.m. as onlookers attempted to avoid being caught in the scuffle. It wasn't until officers from L.A. County Sheriff's Department showed up that the crowd dispersed. There are no reports of arrests.

Jennifer Garner and Ben Affleck do breakfast

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Hollywood exes Ben Affleck and Jennifer Garner were spotted together in L.A. on Saturday morning to grab a bite to eat, reports People. The couple split in 2015 after 10 years of marriage. While there's no official divorce on the horizon, this outing doesn't necessarily mean the couple are back together. In August, Garner told the "Today" show that they remain good friends. The couple also has three children.

But perhaps the most compelling piece of evidence that they aren't rekindling their relationship is the timing of the meal. Breakfast is perfect for a cordial meeting with an ex. Brunch is too celebratory. Lunch is too time consuming. Dinner is way too romantic.

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Katherine Waterston doesn't do mainstream

The "Fantastic Beasts" actress talks about why she got to the "Harry Potter" books late.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Two years ago Katherine Waterston finally had her breakthrough, thanks to a small but key role in "Inherent Vice." Now she's doing "Harry Potter" prequels. Before we see her headline "Alien: Covenant," you can spot the actor — 36, and the daughter of Sam Waterston — play a wizard detective in "Fantastic Beasts and Where to Find Them," joining up with Eddie Redmayne's wizard zoologist to save 1920s New York City.

Like the "Harry Potter" series, this film very subtly comments on issues of power and fear. It's like she's always speaking to real world issues.

Katherine Waterston, with Eddie Redmayne, enters the "Harry Potter"-verse as a kind of wizard detective in "Fantastic Beasts and Where to Find Them." JAAP BUITENDIJK

There's no question J.K. Rowling is holding a mirror up to society with her work. She does it with such a deft hand that you don't feel you're being lectured to or talked down to. But it's there. I think there's a wonderful balance in her work of facing these really important issues of our time, but also giving us a healthy dose of much-needed escapism.

Neither of us were kids when the "Harry Potter" books came out. There's an entire generation that grew up with them.

That's right. They were the same age [as Harry] when the first book came out. I can't even fathom what that must have felt like. J.K. Rowling got an entire generation reading at a time when there were so many tempting distractions on screens.

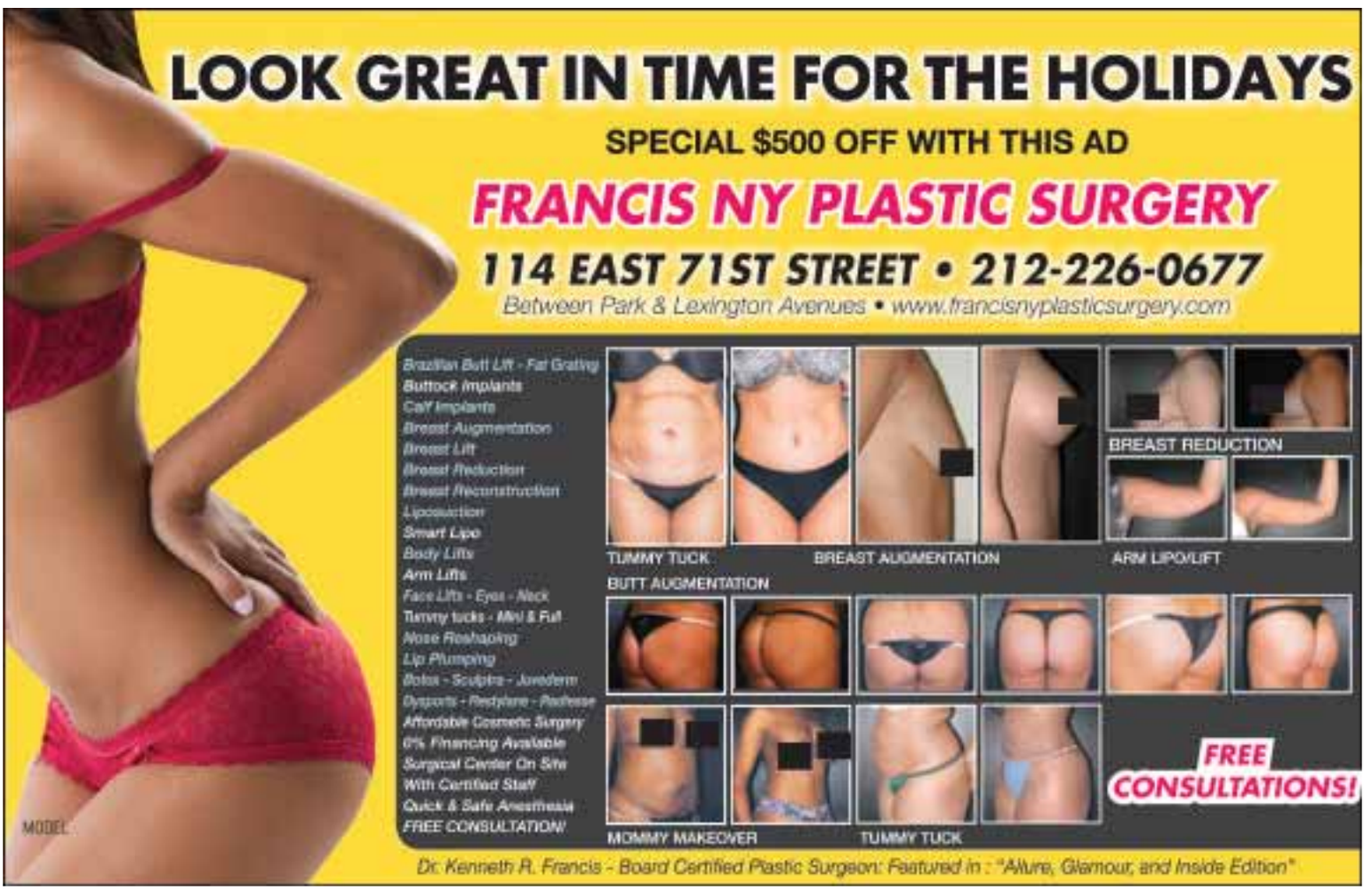
GETTY IMAGES

I didn't really read them, except the first two, and then years after they came out.

My reluctance to read the books had to do with a general disinterest in best sellers. When I see a book on the subway, I don't want to read it. I'm very stubborn about that. I guess I don't tend to want to go with the flow. I'm not attracted to mainstream things for some reason. I always get to them, but generally a decade later.

I think that makes them feel more intimate.

For me, if I don't see a movie the first night of the opening weekend, I really struggle. I like to get in there before I've heard too much about it. I don't like to watch trailers, I don't like to read reviews. I really like to have my own experience. I don't even like people saying, "You've got to see this movie or read this book." The worst question is, "You mean you haven't seen X?!" I either have to get in ahead of the masses or be 10 years late.



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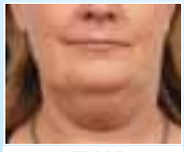
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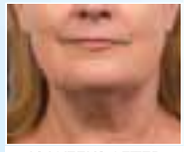
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Dale Talde goes Italian

The "Top Chef" favorite turns his playful culinary techniques on a new food genre at Massoni.

EVA KIS
@thisiskis
eva.kis@metro.us

Culinary genre-bender Dale Talde is applying his "proudly inauthentic" approach to Italian food with his latest restaurant, Massoni, which opens for dinner service tonight in the new Arlo NoMad Hotel (11 E. 31st St.).

"I'm never going to be stuck on just one cuisine, one style," the "Top Chef" favorite promises.

Raised in Chicago by Filipino parents, Talde actually learned more about cooking from Mario Batali than in his family's kitchen. "I was around Filipino food all the time, but I never cooked it. I made eggs, folded dumplings with my mom when she needed help," he says. "When I started cooking, it was watching 'Molto Mario,' it was watching Emeril Lagasse, it was watching the great chefs of the world." The spaghetti he knew at home came out of a box with sweet sauce from jars, but watching Batali hand-roll gnocchi and make marinara sauce from scratch, "that to me was interesting."

Talde describes Massoni as "Italian-ish," with pizza and pasta as the "canvas" for international ideas like a lamb shawarma pie, a vegetarian take on meatball Parmesan with falafel, gnudi with sweet-and-sour mushroom sauce sprinkled with nori, biryani aracini and even a savory cannoli filled with beef tartare, crusted in pistachios and dusted with powdered smoked beef fat. "The 'colors' that we're using might come from India, or a little bit Japanese, or have Chinese or Korean influence," a nod to Massoni's location in Koreatown, he says.

Massoni BRANDON HARDIN

Heights, on the hotel's rooftop, will open in the spring. BRANDON HARDIN

The pizza will be cooked in pans, using a focaccialike dough that's chewy in the middle and "crunchy, buttery on the bottom," with toppings like ricotta with pistachio pesto, a clam pie and pepperoni with pickled peppers and honey.

The restaurant, which also serves a traditional American breakfast, isn't Talde's only project at the hotel. Bodega is a lobby-level coffee bar with

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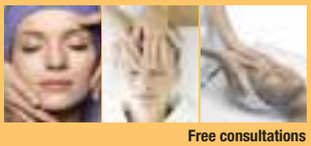
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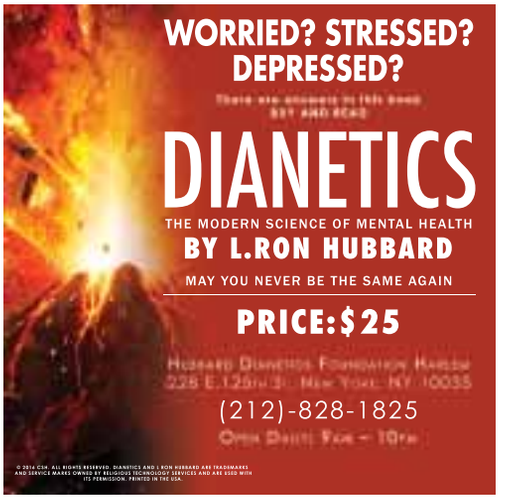
Dale Talde GETTY IMAGES

grab-and-go sandwiches, pizza by the slice, soups and salads; on the second floor is an upstate cabin-style hideaway called BARlo with larger-format dining; and a rooftop bar, Heights, is coming in the spring. "You'll feel like the Empire State Building is falling on top of you," Talde says of the 31st floor bar, which is named for, yes, its altitude but also what he calls "the great neighborhoods in New York City: Dyker Heights, Washington Heights, Brooklyn Heights." All of the cocktails, by John Bush, will take their inspiration from them, served with a menu of easy-to-hold bar fare.

Talde is the second chef recently to take over a hotel's entire food and beverage concept, after Andrew Carmellini brought backyard burgers, coastal Italian and Williamsburg's highest rooftop bar to the William Vale Hotel. Talde describes partnering with the Arlo NoMad as an opportunity for "hospitality to the Nth degree. It's not just enjoying a meal with us or having a drink at our bar — this person is actually sleeping here," he says. "To impact someone's experience in a 24-hour timeline is kind of cool; you get to see a snapshot of people's lives."



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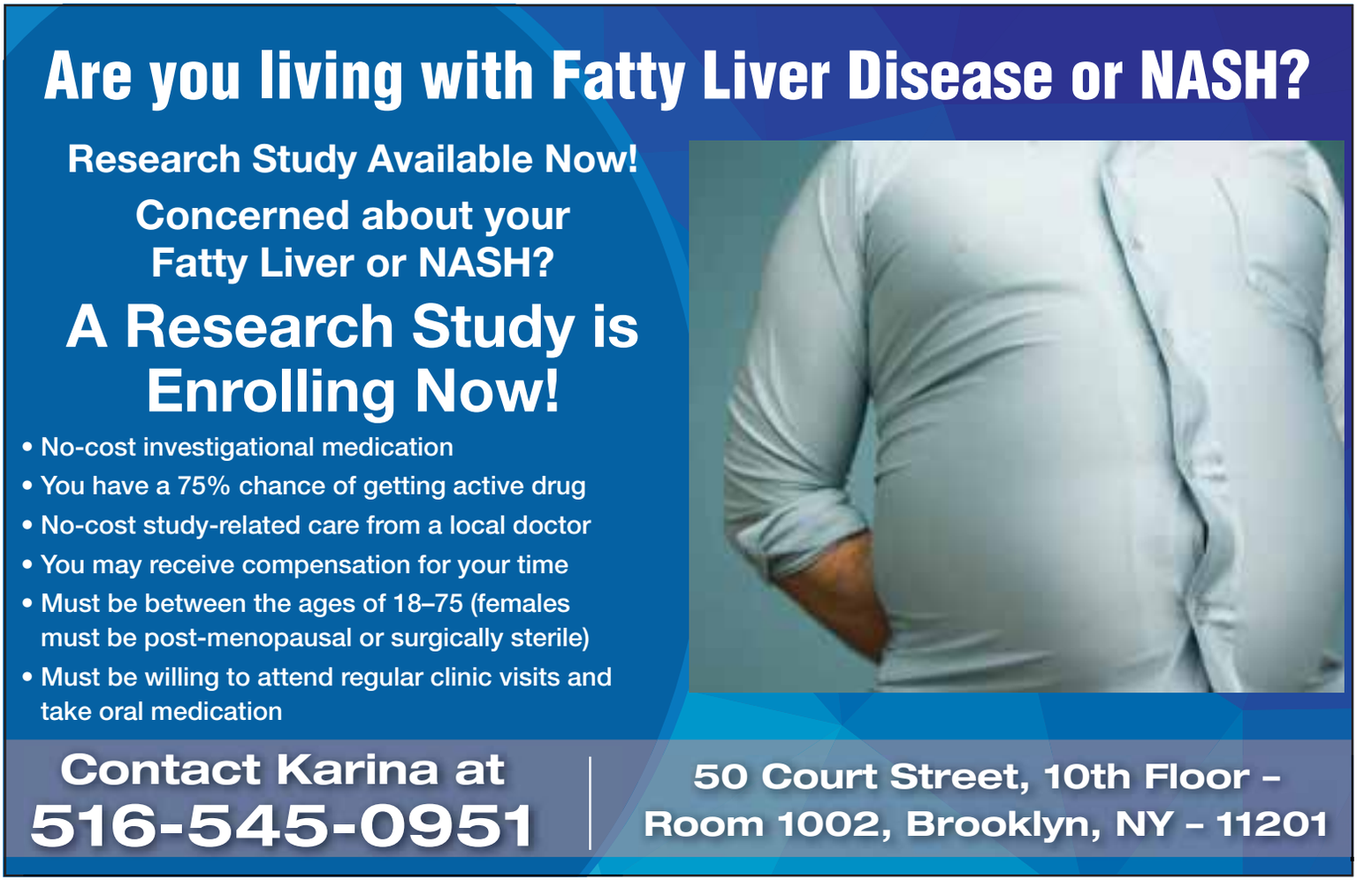
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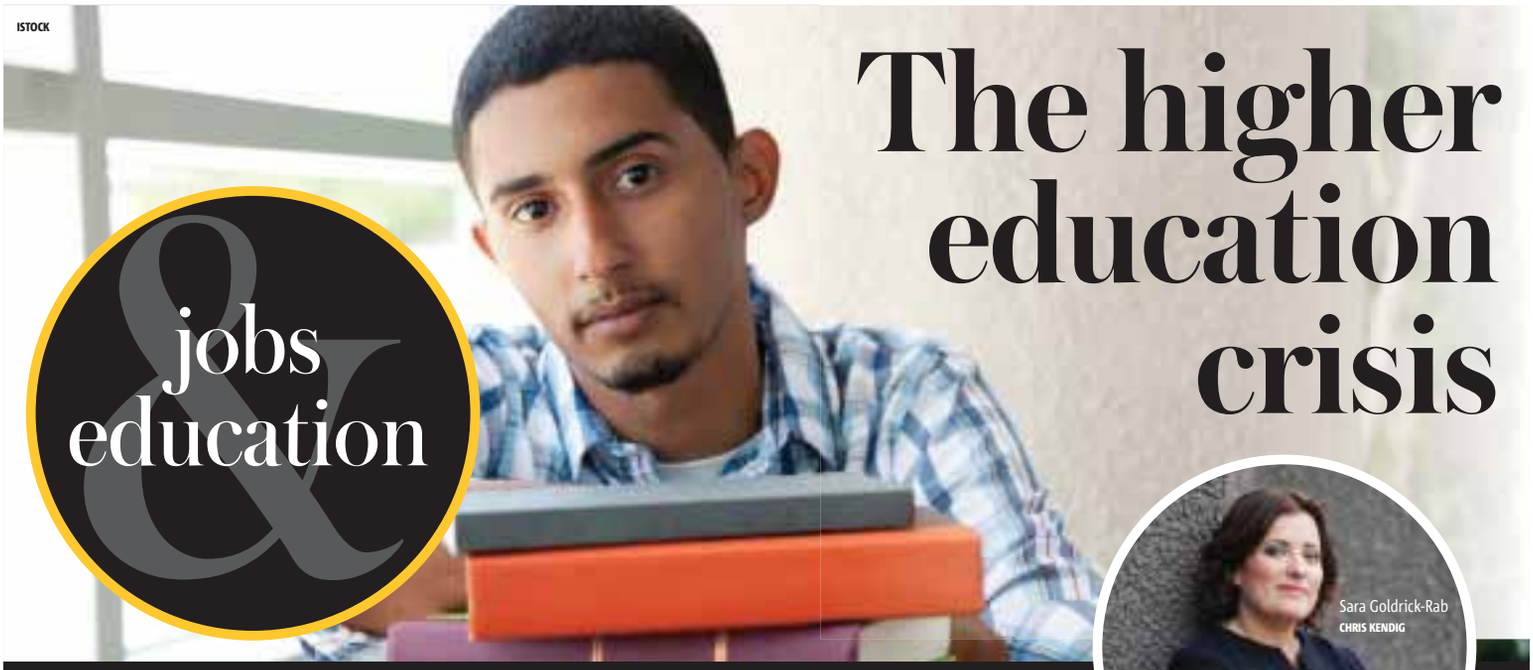


The higher education crisis

jobs & education

Sara Goldrick-Rab
CHRIS KENDIG

HOW TO GET AHEAD

In her new book, scholar and activist Sara Goldrick-Rab spotlights the financial pitfalls of going to college.

SARA FEINSTEIN
@MetroNewYork
letters@metro.us

Tuesday night's bartending shift ends at 2 a.m., giving Androniqi Kurtezi just enough time to review her notes, shower and sneak in a four hour "power nap" on the couch before her 9 a.m. organic chemistry class.

The 21-year-old senior, attending New York's SUNY New Paltz, plans on graduating this spring with a degree in biochemistry, only to begin another gritty stage: medical school applications.

After filling out financial aid forms for the past three years, she's gotten used to paperwork.

However, this year's aid, $1,300, is not nearly enough to cover her close to $10,000 room and board expenses. To make up the difference, she's been working 25 hours a week while taking seven classes, a culmination, she jokes, that's caused her to spend most of her days "half awake and feeling mentally deranged."

Like many students, Kurtezi has witnessed firsthand the shortcomings of our nation's financial aid system.

Not only have college prices risen dramatically in the past 15 years, explains Sara Goldrick-Rab, a professor of higher education policy and sociology at Temple University and author of a new book about college costs, "Paying the Price," but at the same time, the mean family income of all but the wealthiest 5 percent of Americans has fallen or stagnated.

Since 2000, the cost of community college and private universities has gone up by 28 and 54 percent, respectively. In the meantime, she explains, the amount of financial aid has barely fluctuated, noting that the Pell Grant — a government award intended to help those whose families make less than $30,000 a year — has remained between $4,000 to $5,000 for the past 15 to 20 years.

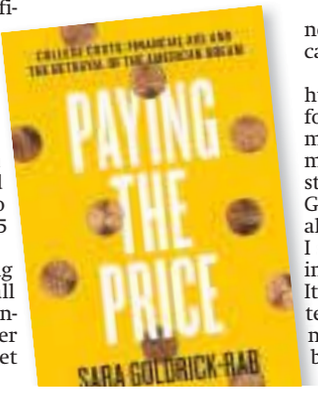
"They're giving students such a small amount of money, pennies, really, and other people who don't get anything are assuming they're getting tons of money and it's covering their needs," says Goldrick-Rab. "Except it's not."

In the book, she describes that after factoring in state and institutional grants, students from families earning an average of $20,000 a year are required to pay at least $8,000 a year for community college and more than $12,000 a year at public university.

Middle class families are also struggling, she explains, considering they have a real financial need and still are getting no help. A year of college at a public university runs a family earning $80,000 a year just over $20,000.

The result: Many students end up accruing an overwhelming amount of debt, or worse, dropping out.

The consequences are more disheartening for low income students who, without enough financial assistance, are forced to abandon their degree and watch their only shot at upward mobility crumble.



For six years, Goldrick-Rab followed a group of 3,000 low income young adults who entered college with the support of federal aid and Pell Grants. She watched as they struggled to stay afloat with school work and outside jobs, worked tirelessly, in some cases, to support their parents, and even went without adequate food or housing. By the end of the study, half of them were forced to leave college without a degree.

It was a vicious cycle, echoed in part by Kurtezi's own experience.

"I'm not getting enough money to pay for school, so I take more hours at work so I can afford it, but if I take on too many shifts, then I don't have enough time to study and my grades drop, and if they drop too low, then I can lose my grant," says Kurtezi.

"It's a situation where no matter what, you can't win."

"And yet, we have the hubris to blame students for not being able to manage themselves, to make a good budget, to study hard enough," says Goldrick-Rab. "I watched all of these students and I swear, nobody is working harder than them. It's so wrong to characterize them like they're not trying their very best."

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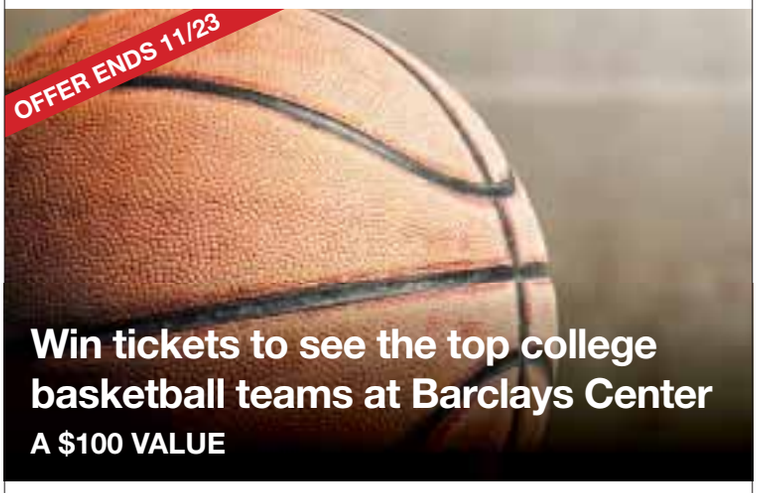

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Technological advances could help small businesses. ISTOCK

Are robots becoming the new workers?

Are robots going to be stealing your job? If you're a low skill laborer in a developing country, the futuristic dilemma might be closer than you think. According to a recently released policy brief by the United Nations Conference on Trade and Development, the accelerating use of robots may be threatening millions of jobs in developing countries — two-thirds of all jobs, to be exact.

"If robots are considered a form of capital that is a close substitute for low-skilled workers," the report states, "then their growing use reduces the share of human labour in total production costs."

Much of the debate on the financial impacts of robots, however, is still speculative.

"Disruptive technologies always bring a mix of benefits and risks," the paper says, mentioning that this technological revolution might also create new opportunities, namely, for small businesses, who could begin manufacturing on a much larger scale.

In some nations, of course, extremely cheap labor will continue to stall the shift to a robotically controlled workforce. SARA FEINSTEIN

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The Giants continue to roll as they post their fifth straight win. GETTY IMAGES

3 Things we saw as Giants outlast Bears, continue win streak

The Giants were at home in their own windy city in Northern New Jersey on Sunday.

KRISTIAN DYER
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sports@metro.us

It was far from pretty and rarely is for the New York Giants, who outlasted a resilient and surprising Chicago Bears team in a 22-16 win. The Giants posted a shutout in the second half to spur their fifth straight win.

With the win, the Giants are now 7-3. All five of their wins in this streak have been by a touchdown or less. But for a good part of the game, the Giants looked like they had no business winning this one.

With the game tied at 16-16 in the third quarter, the Giants cobbled together a 79-yard drive that included a 48-yard run by quarterback Eli Manning, who then found rookie wide receiver Sterling Shepard for a 15-yard touchdown pass and a 22-16 lead. After a rocky first half, the Giants responded well on both sides of the ball in the second half.

The Bears staked themselves to the early lead, a game-opening nine-play, 76-yard touchdown drive where Jay Cutler threw a bullet through a sea of Giants jerseys to tight end Zach Miller for a 19-yard touchdown.

Manning, he of the 48-yard scramble in the third quarter, had a solid and effective day despite the windy conditions. He completed 21-of-36 passes for 227 yards and two touchdowns.

Three Things We Learned from the Giants in Week 11:

1 The Windy City ... in Jersey

The Bears infamously hail from the Windy City but it was north Jersey that provided the gusts on Sunday afternoon. Both kickers missed their first point-after attempts of the game (Robbie Gould of the Giants would miss another extra-point in the third quarter) and Bears kicker Connor Barth doinked a long field goal attempt off the uprights early in the quarter. The wind affected the passing game a bit with both quarterbacks seeing a couple passes sail on them a bit, not a shock given that the gusts topped 50 miles per hour. The windy conditions not only affected football at the Meadowlands but canceled live racing at Aqueduct in Queens.

2 Defenseless Giants turn it up

Poor coverage down the field, missed tackles, penalties (roughing the passer by Olivier Vernon, 12 men on the field in the second quarter on a goal line situation) typified the Giants defensive efforts for the first half. But in the second half, they forced a three-and-out on the Bears opening two possessions and generally frustrated an offense that appeared to be clicking. Then they did enough to bend but not break to preserve the lead.

3 Going for it on fourth down

Last week, a call to go for it on fourth down in the fourth quarter set the Giants up for their Monday night win, a gutsy move from head coach Ben McAdoo. On Sunday against the Bears, the Giants went for it twice on fourth down in the first half with equal success. The first time came on a fourth-and-2 that ended with Manning hitting Shepard for 15 yards; on the next play Rashad Jennings ran 2 yards for the touchdown. Then in the second quarter, the Giants again went for it on fourth down, a Manning connection to Rashad Jennings sustaining a drive that resulted in a field goal. Bold calls from McAdoo again and moves that helped the Giants to a fifth straight win.

NFL Week 11 roundup: Vikings end losing streak, Cowboys march past Baltimore

A quick look at what you may have missed Sunday afternoon.

LUKE MILLER
@LukeFM7
sports@metro.us

How did some anticipated Week 11 matchups play out in the NFL?

Minnesota 30, Arizona 24
The Vikings (6-4) ended their four game skid by playing the football that had gotten them to 5-0. Despite gaining just 217 yards of offense, a 100-yard interception return by Xavier Rhodes and a 104-yard kickoff return by Cordarrelle Patterson ensured they had enough point to top Arizona.

Buffalo 16, Cincinnati 12
LeSean McCoy opened the scoring with a 7-yard touchdown run, but had to leave the game with a thumb injury. The Bills (5-5) didn't blink, finishing with 183 team rushing yards to stop their three game skid. The news wasn't as good for the Bengals, who lost A.J. Green to a hamstring injury and dropped to 3-6-1 on the season.

Pittsburgh 24, Cleveland 9
The Steelers (5-5) ended a four game losing streak on the road in Cleveland. Their much maligned defense sacked the Browns (0-11) eight times and forced two turnovers. Le'Veon Bell had 146 rushing yards and another 55 receiving, accounting for almost two-thirds of Pittsburgh's offense.

Dallas 27, Baltimore 17
The Cowboys (9-1) overcame a slow start to rack up 417 yards on the NFL's leading defense Two touchdowns to begin the second half turned a 10-10 tie into a 24-10 Cowboys lead that held up. Dak Prescott (27-for-36, 301 yards, 3 TD) now has two straight 300-yard games.

After more than a month of setbacks, Minnesota is finally back in the win column. GETTY IMAGES

Detroit 26, Jacksonville 19
After recovering a fumble, Tavon Wilson intercepted Blake Bortles at midfield on the game's final play to seal the victory for the Lions (6-4). With the win, Detroit stays in first place in the NFC North. Theo Riddick had to get his yards through the air (8 catches, 70 yards) as the Lions ground game was limited to just 13 yards on 21 carries.

Indianapolis 24, Tennessee 17
While it was the Titans (5-6) who built a 21-0 lead early last week against Green Bay, this week they fell behind by the same margin against the Colts (5-5) and weren't able to complete the comeback. It's the eleventh straight time the Colts have beaten their division rivals. Andrew Luck has never lost to Tennessee.

Tampa Bay 19, Kansas City 17
While the rest of the NFL was experiencing kicking troubles due to the weather — nine extra points were missed or blocked in the early games — Roberto Aguayo had no such issues in Kansas City, nailing all four of his field goal attempts and an extra point for the Buccaneers (5-5) third straight win.

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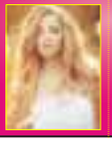

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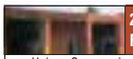

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT OF THE COUNTY OF QUEENS, EMIGRANT FUNDING CORPORATION, Plaintiff, vs. LA-THEL HOLDINGS INC., ET AL., Defendant(s)

Pursuant to a Judgment of Foreclosure and Sale duly filed on October 19, 2016, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on December 09, 2016 at 10:00 a.m., premises known as 85-35 118th Street, Kew Gardens, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 9261 and Lot 40. Approximate amount of judgment is $1,114,649.79 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 1931/09.

Mitchell Kaufman, Esq. Referee

Borchert & LaSpina, P.C. 19-02 Whitestone Expressway, Suite 302, Whitestone, New York 11357 Attorneys for Plaintiff

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 1000 Morris Park Ave., Bronx, NY 10462, for on-premises consumption. La Masa Corp.

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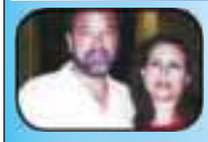

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41 New singles
42 Big celebrations
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49 Poet's "always"
50 Shabby
53 Summer sports gear (2 wds.)
58 Not the half -- --
59 Perch
61 Readied the bubbly
62 Drury Lane composer
63 Prince Valiant's wife
64 Where hackles rise
65 Eclipse causer
66 Geologic formations
67 Dismal

Down

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2 Composer -- Stravinsky
3 Wave away
4 Important artery
5 Cruise quarters
6 Pharaoh's god
7 Dateless
8 Twitch
9 Large beer glass
10 Pledging
11 Black, to Donne
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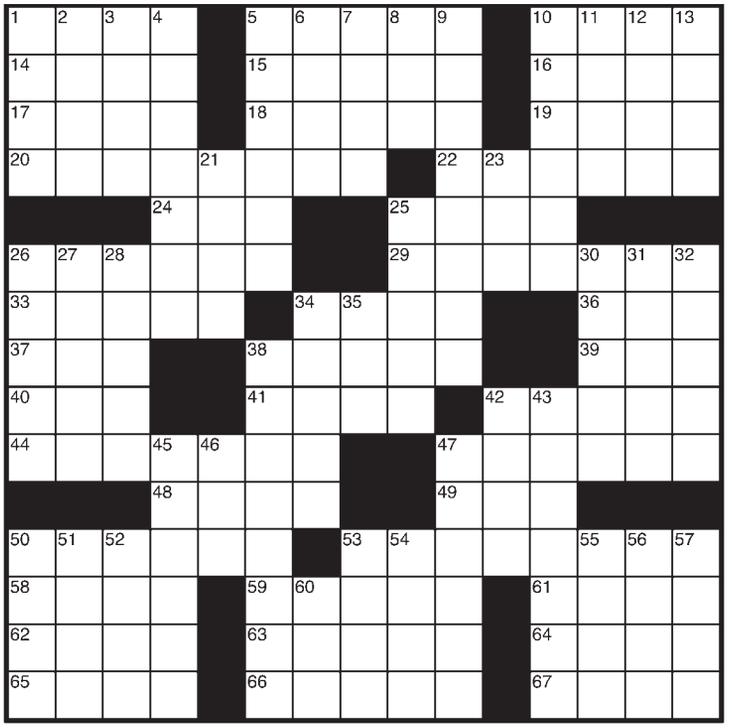

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easy

		2			3			9
8		9		6			5	
1			9		7	4		
	3	1	5					
	5						1	
					8	5	3	
		4	3		5			2
	8			2		7		1
9			6			3		

hard

			1	7			8	3
		3	5		2			
			3		6	1	5	
5						2	7	4
2	7	1						8
	3	8	6		7			
			4		8	3		
9	5			1	3			

metro.us/horoscopes

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Taurus Don't let stubbornness be your downfall. Working toward positive personal change and taking progressive action will lead to success.

Gemini Take time to visit a destination that encourages learning, sightseeing or spending time with someone you admire. There is plenty to gain from getting out and about.

Cancer You can score big by taking on more responsibilities. Your ability to get things done and to do so within budget and on time will be what impresses others the most.

Leo Get involved in programs or situations that will help you gain knowledge and experience. Making plans with a loved one will bring you closer together.

Virgo Don't fear criticism when you can use it to better yourself and what you do. Success comes from honing your skills and keeping up with trends.

Libra Consider what you want to do next. A hobby you enjoy should be developed and turned into a lucrative pastime. Live your dream instead of just thinking about it.

Scorpio The past can help you make a positive choice when it comes to partnerships and domestic matters. Rely on your experience to help you reach your objective.

Sagittarius Solidify any pending agreement. Your ability to negotiate and bring about positive change should be put into play. Stick to the truth and verify information.

Capricorn Call in a favor, but make it clear what you want, need and are willing to do in return. Stay on top of a situation that involves others to ensure good results.

Aquarius Don't labor over what needs to be done. Take care of your responsibilities quickly and manage your time wisely in order to get to the things that bring you joy.

Pisces You'll be tempted to get involved in something that isn't in your best interest. Don't overpay or make promises that will stifle your dreams. EUGENIA LAST

Yesterday's answers

A	B	B	E		M	O	B	S			U	C	L	A
W	I	L	L		A	C	R	I	D		K	O	A	N
E	L	I	A		N	E	A	T	O		R	U	N	T
D	E	P	T		I	A	N		G	R	A	P	E	S
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A	L	E	C		A	V	I	S		B	L	E	A	T
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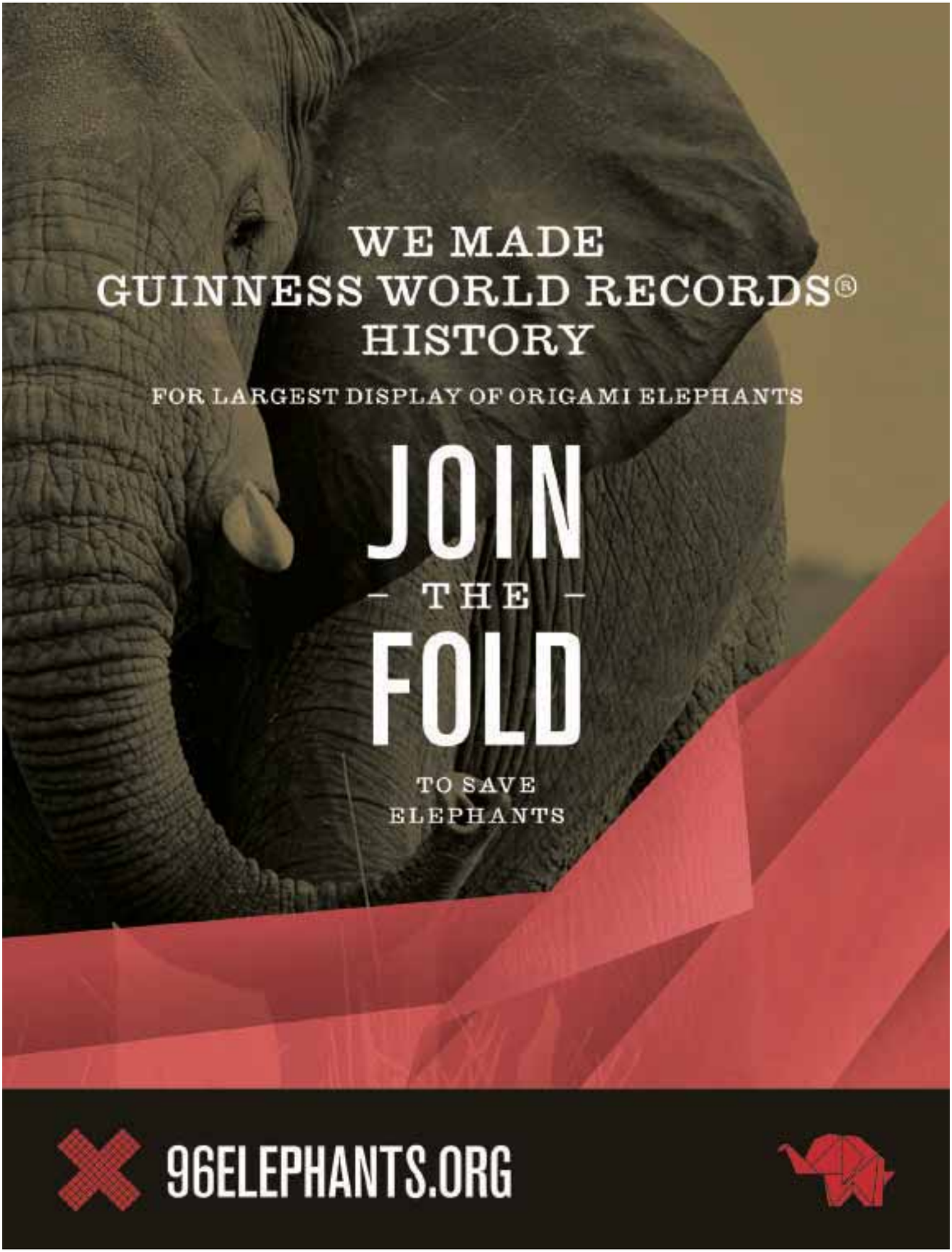
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